

Coordinated diabetes care at Group Health

How King County employees can earn Healthy Incentives Gold

If you have diabetes and get your care at Group Health, you're in good hands. Our health care teams are committed to making sure our patients with diabetes receive the very best care to stay as healthy as possible and prevent long-term complications from diabetes.

Because you're the one in charge of your diabetes every day, you're the most important member of your care team. The choices you make and actions you take each day have the biggest effect on your health and well being. These choices and actions include eating healthier foods, staying physically active, taking your medicine, checking your blood sugar, not using tobacco, and getting to a healthy weight.

You don't have to tackle all these things at once. Your primary care doctor and nurse will help you figure out the most important place to start. They will also help you get the support and resources you need to successfully manage your diabetes. Depending on your individual needs, your care team might also include a physician's assistant, pharmacist, registered dietitian, social worker, and other support staff. Everyone on your team will partner with you to support you and develop a care plan that's right for you.

In addition to your care team, Group Health has many resources and tools to help you live a healthier life. You might consider registering for a **Living Well Workshop**, designed especially for people managing diabetes and other chronic health conditions. In-person and Web-based workshops are available at no cost to you. Find out more about these valuable skill-building workshops online at www.ghc.org/livingwell or by calling the Group Health Resource Line at 1-800-992-2279.

The **Health and Wellness Resources** section of the Group Health website, at www.ghc.org, offers in-depth information about diabetes, meal planning, healthy eating, exercise, and hundreds of other health topics.

You can access online services available to our members by registering for **MyGroupHealth for Members** on the Group Health website. After you register you can refill prescriptions and get free shipping, fill out a health questionnaire and receive a personalized Health Profile report, and see your benefit coverage documents—all online.

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While your daily self care is important, it's also important to stay up to date with your lab tests, exams, and clinic appointments. Keeping regular appointments with your care team and getting tests and exams on time helps you to be an active partner in your care.

- Lab tests give you and your health care team important information about how well your diabetes care plan is working.
- Clinic appointments give you a chance to ask questions and share ideas or concerns you might have about your care plan.
- Regular tests and exams help your doctor find and treat any problems before they get worse.

See the form on **page 3** for the appointments and tests we recommend for most people with diabetes. Depending on your age, gender, and overall health, your doctor might recommend additional tests, exams, or immunizations.

To earn gold with the Healthy Incentives Program: By June 30, 2013, visit your primary care doctor and complete the steps listed on the form on **page 3**. If you completed these steps between July and December of 2012, that counts!

If you receive your primary care at a Group Health Medical Centers clinic, you may log on to MyGroupHealth for Members and request an e-mail from your care team. Ask your care team to confirm that you've received the recommended diabetes care included on the form within the required timeframe. Then print the e-mail and attach it to the form on page 3.

Questions?

- Submitting the form:

Please contact Group Health Sales by phone at 206-448-4140, Monday through Friday from 8:00 a.m. to 5:00 p.m. – or by e-mail at healthyincentives@ghc.org

- Finding a primary care doctor or a Group Health Medical Centers clinic near you:

Please contact Group Health Customer Service by phone at 1-888-901-4636, Monday through Friday 8:00 a.m. to 5:00 p.m.

Important: You must submit the form on page 3, either signed by your doctor or with an attached e-mail from your care team, to Group Health no later than June 30, 2013.

King County Healthy Incentives Gold

Annual Diabetes Care Confirmation

A visit with my primary care doctor once a year can help me stay on track and meet my goals.

I had this visit with my primary care doctor on _____

During this visit my doctor or my doctor's assistant:

- | | |
|---|--|
| <input type="checkbox"/> Checked my height and weight | <input type="checkbox"/> Checked my feet |
| <input type="checkbox"/> Took my blood pressure | <input type="checkbox"/> Reviewed my medicines |

My doctor also:

- ☐ Talked to me to see if I have any signs of depression
- ☐ Reviewed my labs
- ☐ Talked to me about my self-care goals
- ☐ Recommended that I get vaccinated against flu and pneumonia

Other exams and tests	Why this is important	How often I need this
A1C	This blood test shows me and my doctor what my average blood sugar has been for the past 3 months. It lets us know how well my care plan is working.	Every 6 months or _____
Creatinine	This blood test checks to see how well my kidneys are working	Every 12 months or _____
Microalbumin	This urine test checks my kidneys	Every 12 months or _____
Diabetic eye exam	This eye exam looks at my retinas for signs of diabetic eye disease	Every 2 years or _____

Signature of participant/patient

Signature of primary care doctor

Participant's full name (print)

Primary care doctor's name (print)

Healthy Incentives ID number

Participant's phone number, in case of questions

(If you need your Healthy Incentives ID number, call King County Benefits at 206-684-1556, M to F, 9 am to 4 pm)

How to submit this form

By Mail:	By Fax	By E-mail
Khue Pham Group Health Headquarters, W2N 320 Westlake Avenue North, Suite 100 Seattle, WA, 98109	(206) 877-0604	Scan your form with original signatures and e-mail to healthyincentives@ghc.org

Remember: This form must be returned to Group Health by **June 30, 2013**. Either have your doctor sign it or attach a copy of the e-mail from your care team confirming that you've completed all these steps.